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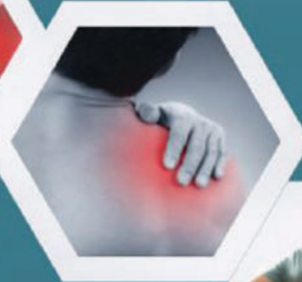
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National Education Policy 2023

The main motive of the Government of India behind upgrading the New National Education Policy is to make India a global knowledge superpower. New NEP is based on four main pillars called access, equity, quality and accountability. There will be 5 + 3 + 3 + 4 structure which comprise 12 years of schooling and 3 years of Anganwadi / pre- schooling.

Stages Of National Education

- **Foundation stage**- add the foundation stage the education is further subdivided into two parts which is called 3 years of Pre school or Anganwadi followed by class 1 and 2 in primary school. It will cover 3 to 8 years of child education which is focused on activity based learning.
- **Preparatory stage**- students from class 3rd to 5th will cover in this stage. This will gradually introduce subjects like speaking, reading, writing , physical education, language at science and mathematics.
- **Middle stage**- From class 6th to 8th the students will introduce to the more abstract concepts in the subject of mathematics science social science arts and humanities.
- **Secondary stage**- students from class 9th to 12th will cover under this stage in which students from class 9th and 10th will cover in first phase and second phase will for 11th and 12th class students. In this stage the students will intend to inculcate a multi disciplinary study couple with depth and critical thinking. Multiple subjects options will be provided to the students at this stage.

Griha Jyoti Press Release 19.06.2023

Griha Jyoti Registration is Double

Bengaluru: The registration of Griha Jyoti Yojana, which provides free electricity up to 200 units implemented by the state government, has entered its second day and a total of 1,61,958 customers have registered for the scheme till 5.30 pm. Registration in Bangalore One, Karnataka One and Gram One went smoothly. This number doubled on Monday, with 1,06,958 customers registered. It shows customer passion the registration process is very simplified as the customer does not need to provide any documents. Just enter the account number in the electricity bill, customer's Aadhaar number and mobile number. The registration process is taking place at all the Karnataka One, Gram One and Bangalore One centers in the state,

Seva Sindhu Portal <https://sevasindhugs.karnataka.gov.in> being done.

There is no deadline set for the registration process, so customers need not worry.

Register here



International Yoga Day



The International Day of Yoga has been celebrated across the world annually on June 21 since 2015. Yoga is most important for everyone's life as it helps in balancing the relationship between body and mind. It is the type of exercise that helps physical and mental discipline through regular practice.

The Theme for International Yoga day is 'Humanity'. The Yoga day celebrations aim to spread awareness about the holistic nature of yoga to promote it as a regular regime throughout the world for better health.

It originated in India long ago in ancient times. Earlier, people belong to Buddhism and Hinduism used to yoga meditation. Various types of yoga are Hatha yoga, Ashtanga Yoga, Vinyasa Yoga, Kundalini Yoga, Raja yoga, Jnana yoga, Bhakti yoga, karma yoga,. Generally Yoga has many asanas, practiced by the people.

The philosophy behind the ancient Indian practice of yoga has influenced various aspects of how society in India functions, whether it is in relation to areas such as health and medicine or education and the arts. Today it is practiced in various forms around the world and continues to grow in popularity.

World Environment Day



World environment day is celebrated on 5th June every year. The main motive of celebrating this day is to create awareness among people about the importance of our environment. World Environment day was first celebrated in 1973 with the theme 'Only One Earth'. Every year this day is celebrated with a new theme given by the United Nations. The theme this year is 'Beat Plastic Pollution'. It is very important to save our environment from further destruction. It is time to focus on it!

Saving the environment means efforts to preserve and conserve our surroundings. The environment is being polluted and degraded due to the activities of human beings. Thus, we need to take action to save our environment. There are several steps to save our environment at different levels. At schools and public places, we should not shout much to prevent the increase of noise pollution. We should reduce using crackers to reduce air pollution. Need to grow more trees to our environment. We should make it a safer and better place for all of us. It is important to save environment today to survive for tomorrow.



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Organised the tree-planting activity on the school campus and Involved students in planting and caring for trees, emphasised the importance of green spaces and their role in combating climate change and awareness programs conducted on plastic pollution.

JALTARANG RECITAL



Sangeet Baithak hindustani jaltarang by Vidushi Shashikala Dani event at SJR equinox Electronic city Phase 1 on 28th May 2023

The Advantages Of Getting A Companion Animal For Your Pet

The benefits of having a companion animal for your current pet are numerous. The following are some benefits of having a companion animal for your animal:

Animals are sociable beings, thus keeping a pet as a friend might offer beneficial chances for social contact. When you spend a lot of time away from home, it can assist minimize loneliness and boredom. Pets can interact, play, and communicate with one another, which satisfies their desire for social interaction.

Mental stimulation: Adding a companion animal might provide your current pet with mental stimulation. Interacting with another animal can present fresh opportunities for learning, challenges, and experiences. By keeping them entertained and improving their surroundings, it can lessen the risk of behavioural problems.

Play and exercise are encouraged when you have a pet as a companion. Pets frequently play chase, wrestle, or just run around together, which can help them get rid of extra energy and keep them in shape. For them to maintain their general health and well being, regular exercise is essential.

Pets can offer friendship and emotional support to one another in the same ways that humans receive from their animals. They might become close and console each other in trying times or when one of them is ill. This can lessen emotions of loneliness or separation anxiety.

Benefits for behavior: In some circumstances, getting a companion animal can help your current pet with some behavioral problems. For instance, if your pet is acting destructively or barking excessively out of boredom or worry, having a friend might help focus their attention and energy.

Priya Chandrasekar is the Head of Growth and Marketing at Mylopaws, a Pet care platform.

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Art Integration



“Art-integration is a cross-curricular pedagogical approach that utilizes various aspects & forms of art and culture as the basis for learning of concepts across subjects.

Art integration into the curriculum implies exploring academic contents (facts, ideas, concepts processes, methods) and skill sets to be acquired by a student through the spectacles of various forms of art. Instead of teaching art as a separate subject, teachers are using dance, drama, music, visual arts etc to teach a variety of academic subjects in a more engaging way. A 360-degree holistic learning is possible in classrooms by integrating various academic concepts with arts. Cognitive domains along with socio-emotional, behavioural, psychomotor domain development could be targeted using this.

Benefits of Art Integration in the curriculum

1. Creative Thinking
2. Critical Thinking
3. Problem-solving
4. Creating their identity
5. Fine Motor Skills
6. Challenges
7. Visual Communication

Green Governance Should Be The New Government Top Priority

Empowering Government Action for Environmental Change



World Environment Day serves as a powerful reminder of our collective responsibility to protect and preserve our planet. Celebrated on June 5th, this annual occasion not only encourages individuals to take action but also highlights the crucial role of governments in addressing environmental challenges. It is an opportunity to urge governments worldwide to prioritise sustainability and implement robust policies for the well-being of the Earth.

Recent agitation on Twitter about random Garbage disposal & Shikaripalya lake contamination in electronic city has kicked up a situation of Alert.

Lake Contamination Consequences:

High levels of toxins and pollutants in the water harm fish, amphibians, and other aquatic organisms, leading to decreased populations and even species extinction. The contamination affects their reproductive capabilities, growth, and overall health. Additionally, the disruption of the food chain can have cascading effects on the entire ecosystem, impacting birds, mammals, and other animals that rely on the lake for sustenance.



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Inauguration Of BS PU College At S Bingipura, Electronic City, Bengaluru




The residents of S Bingipura, Electronic City, Bengaluru, witnessed a momentous occasion on 10/06/2023 as BS PU College, a leading educational institution, officially inaugurated its new campus. The inauguration event was attended by esteemed guests, prominent educationalists, and enthusiastic students, creating an atmosphere of excitement and anticipation.

The inauguration ceremony was graced by the presence of distinguished personalities, including Dr. Hyder Valli, Founder & Chairman of BS PU College, Sri Kalyan Biradar, CEO of BSIS, Mr. Sitaram Nandhuri, Operation core team member of Allen Group of Institutions, Dr. Jayaprakash, CEO of HLC, Ms. Jyothi, Principal of BS PU College, Ms. Mildred Tauro, Principal of BSIS and Mrs Gangadhar Melligeri, Brand Consultant & Performance marketer of BSIS.

Dr. Hyder Valli, the visionary Founder & Chairman of BS PU College, delivered an inspiring address highlighting the college's mission to provide quality education and nurture future leaders. Sri Kalyan Biradar, CEO of BSIS, expressed his enthusiasm for the new campus and emphasized the institution's commitment to holistic development and academic excellence.

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Governor House Invitation To The Rainbow Socio Cultural Association



On the occasion of Bongo Dibos, the Rainbow Socio Cultural Association of Ananth Nagar, Electronic City, was invited on 20th June 2023 to the governor's residence. The Honourable Governor of Karnataka Shri. Thawar Chand Gehlot was met by association members. Only 4 of Bangalore's 140 registered associations were chosen. Only the Rainbow Socio Cultural Association is a representation from Electronic City. .

EVENT CALENDER- 2023

Anatha Nagar, Electronic City - Phase-2

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Rainbow Socio Cultural Association is going to present the largest Durgapuja at Ananthnagar ,Electronic City. UNESCO has recognised the Durga Puja as Intangible Cultural Heritage of Humanity. Be a part of this 5 days Long event and devote your respect to Ma Durga. There will be cultural programs along with Celebrity nights , Food Stall and many more. Do not miss it

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Gall Stones By Dr Jawed

What is the gallbladder?

The gallbladder is a small, pear-shaped organ that is tucked under your liver. It stores bile, a fluid that helps the body break down fat.

What are gallstones (#cholelithiasis)?

Gallstones are small stones that form inside the gallbladder.

What are the symptoms of gallstones?

- Belly pain – Often on the right side just under the rib cage or in the middle top portion of the belly.
- Pain in the back or right shoulder
- Nausea and vomiting

Are gallstones serious?

- Not usually. In some cases, they can lead to serious problems, including:
- Jaundice, a condition that turns your skin and eyes yellow(CHOLANGITIS)

- Infection of the gallbladder(MUCOCELE/PYOCELE)
- Gangrene in the gallbladder
- Inflammation of the pancreas (#Pancreatitis)

Is there a test for gallstones?

Yes, we can find out if you have gallstones by doing an imaging test, such as an ultrasound.

Author - Dr Javed Hussain, is a highly trained Laparoscopic and minimally invasive surgeon in Electronic City

You can follow/consult him @drjaved_best_gastro surgeon or WhatsApp on 91007-56859